

Situation:

THOUGHTS

What you are thinking and the nature of your thoughts. ie: negative, hopeful, grandiose

BEHAVIOURS

Actions—what you are doing or not doing. ie: getting exercise, resting, substance use



EMOTIONS

The emotions you're experiencing right now. ie: sad, nervous, excited, confident

SENSATIONS/PHYSICAL CHANGES

Changes in or current state of your physical body. ie: weight gain or loss, excessive sweating